



ACTIVITY: 'LIKE LIGHTNING'

TIME: 15+ minutes

SIZE: Large groups

SPACE: Large room/sports hall

RESOURCES: Index cards, marking pen, wall clock, pens, paper, tennis ball

The aim is to allow students to quickly consider a multitude of pleasant or engaging events.

The result should be discussion about how, despite the future often being unpredictable, we can still find enjoyable things that motivate us and keep us hopeful.

1. Write the letters of the alphabet on the index cards (one per letter) excluding letters 'Q', 'X', and 'Z'. Shuffle the cards.
2. Break the class into two teams and place them apart (e.g. on opposing sides of a tennis or basketball court). Make sure you are visible to both teams wherever you stand at the sidelines. If there are unequal numbers, the lone remainder can be scorekeeper.
3. Explain the rules: each team starts with 10 points. The teams will be lobbing the tennis ball to each other. Anyone who catches the ball must turn AWAY from the other team and throw it back over their shoulder.
4. Any time a ball hits the ground, the team that dropped the ball must look to you – you hold up a card with a letter, and team members must yell out three good future goals that each begin with the letter you present. Those goals should NOT just be career paths, but can include things like 'hold fun parties', 'make good friends', 'donate to charity', 'see more of my family', etc.
5. If the team succeeds in naming three good goals, they can continue without penalty. If they fail to name three good goals, they lose a point.
6. The game continues until one team has run out of points or the game runs out of steam.



DISCUSSION SUGGESTIONS

- How did you feel having your choices constrained by the starting letter? How is this like real life, where our choices seem constrained by obligations, expectations, and situations? Did your team offer up enjoyable goals nevertheless?
- Were you surprised by some of the goals you generated? How did these surprises make you feel? Was it exciting to hear yourself say things you may not have considered before?
- What surprising suggestions did you hear other people make? Which excited you? How are our goals and choices in life often informed by inspiring people we happen to meet or unplanned events that occur?
- What new or different ways of thinking did you discover you needed for this activity? How could you apply those in day-to-day life?
- The future often seems out of our control, but there are always things to remain hopeful about. Even if choices are difficult or events don't go to plan, these changes can often lead to interesting alternative outcomes. Can you identify a situation in your life when things did not go to plan, but the outcome was as good as, if not better than, your original expectations?